

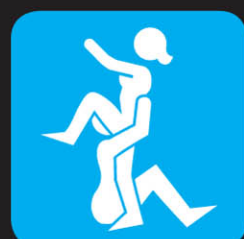
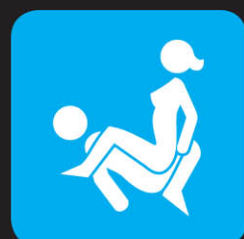
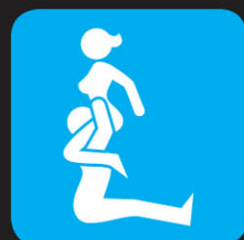
A QUIVER BOOK 

ACROBATIC SEX POSITIONS

SO CRAZY WE DARE YOU TO TRY THEM

Emily Dubberley

AUTHOR OF *THE FIELD GUIDE TO F*CKING*



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INTRODUCTION

Most couples have sex in just three positions.

Three.

Imagine that we were talking about people eating only three different types of food. They'd be considered unadventurous to the extreme. But more to the point, they'd be missing out on an array of delicious treats.

Introducing new positions is one of the best ways to freshen things up; it stops you from going through the motions and requires you to use your brain as much as your body during sex.

Acrobatic sex offers plenty of opportunities for laughter and fun. Some of the positions are tricky to get into and require teamwork. Others are just a tad undignified. Couples who laugh together, work with each other, and are prepared to be vulnerable with each other are more likely to stay together—so a twist of the hips really can lead to so much more.

Take your new sexual routine at a pace that suits your fitness level. Don't be overambitious and go straight for the most complex positions. If you think something is too advanced, work your way up to it gradually—or omit it entirely. If something hurts, stop doing it. And of course, make sure you give each other a thorough rub down once you're done.

WARMING UP

As with any form of exercise, acrobatic sex requires a warm-up. Stretching your muscles prior to vigorous sexual activity will minimize the risk of sporting injuries. The following exercises will help you and your partner prepare your bodies for acrobatic sex.

Kiss Chase

Start with a mild cardiovascular workout by playing Kiss Chase. Your partner should run away from you, and you

must chase after him to secure your kiss. Once you do chase down your kiss, swap roles so your partner has to chase you.

Kiss-ups

Lie on the bed in the missionary position; the man should be on top of the woman with his weight supported on his hands. He should then start doing push-ups, letting his lips meet his lover's every time their faces are together. When he feels suitably warmed up, swap positions so that the woman is on top, doing push-ups to kiss her man.

Deep Bends

The woman lies across the bed with her head hanging over the edge. Standing, the man straddles her face and slides his member inside her mouth. He then squats down to touch his fingers to the floor—and enjoys the deep-throating he gets as he does. The woman can put her hands on the man's hips to control the pace and help her avoid gagging. Note, however, that by hanging her head backward, she'll lengthen her throat, which should minimize gagging.

Lick It

Reverse roles: The man now lies on the bed, and the woman straddles his face. When she squats down to touch her fingers to the floor, she enjoys the sensation of the man's tongue sliding inside her. (Men: Shave thoroughly beforehand to avoid causing any chafing.)

Once your bodies are primed and ready to go, take your lovemaking into high gear. All of the positions in this book should be entirely possible if you're generally fit. Most of them will give you a workout, too!

As with any exercise, if you feel uncomfortable at any point, take a break and rub it out.

No. 1

PICK ME UP

★ THE BENEFIT

If you're after G-spot thrills, you're in for a treat with this deeply delicious position. The woman gets an intense headrush from hanging her head forward while enjoying deep penetration thanks to the angle of entry. The guy has an incredibly graphic view for a visually erotic spur. He also has easy access to his woman's clit, so he can blow her mind on multiple levels.



THE HOW-TO

Start with the woman in doggy-style position, with the man kneeling on the floor between her legs. The man enters the woman, holds her around her waist, and slowly stands up, pulling her body with him so that her legs are raised off the ground. The man thrusts gently, directly hitting the woman's G-spot and using his hands to make sure that there's maximum fun all round.

✓ ACROBATIC TIP

Men, maintain a tight grip on your woman's waist to control the angle of penetration and ensure that your penis doesn't bend uncomfortably back. Ladies, you can help by tilting your hips upward. Pilates lessons will definitely help you hold this position for longer and flex your sex muscles to maximum effect.





No. 2

X-RATED

★ THE BENEFIT

Perfect for the well-endowed man, this position puts the woman in control—and the guy certainly won't be complaining given the view that he gets to admire. Better yet, this position leaves both of his hands free to caress the woman's torso, thighs, and clit. X marks the spot indeed!



THE HOW-TO

X-rated is so called because your bodies form the shape of the letter X, giving the guy an extremely graphic view and letting the woman set the depth of penetration. To get into position, the guy lies on his back with his legs spread and knees raised. The woman then climbs on top of him, riding him with her feet facing his head and leaning back on her arms, and starts pumping away.

✓ ACROBATIC TIP

To increase the depth of penetration, tilt your bodies so that you're partially lying on your sides, with the woman's feet underneath the man's shoulders and the man's thighs wrapped around the woman, as pictured. The man can then use his hands around the woman's hips to pull her onto him. Unless the woman has great upper-body strength, it's best to get used to the basic position and work your way up to this variation as it can be rather demanding. As an easier alternative, the woman can deepen penetration simply by sitting upright.

No. 3

FRONT ROW SEAT

★ THE BENEFIT

This move certainly makes the most of every inch of the man. It's also great for G-spot thrills and gives the woman easy access to caress the guy's balls and perineum. As he nears climax, the man can lean forward to rest his weight on his hands, thus further deepening penetration. Naughty but oh-so-very nice!



THE HOW-TO

Feeling flexible? Good, because this position is certainly going to stretch you. The woman lies on her back and lifts her legs up and over her head so her knees are touching the floor by her ears. Once she's suitably stable, the man squats on top, slides in, and then alternates sitting back on the woman's buttocks with leaning forward to thrust inside her.

✓ ACROBATIC TIP

If the woman finds it tricky to hold this position, she can support herself by using her hands to hold her hips up. This will also make it easier to change the angle of entry.





No. 4

THE SKEWERED HURDLER

★ THE BENEFIT

The woman does all the work here, but she gets plenty of rewards for her efforts because this position allows her to set the pace of thrusting and grind her clit against the man's thigh all at once. Meanwhile, he's got easy access to caress her breasts and bits—and he should because the only other thing he has to do is sit back and admire the view. The Skewered Hurdler is great for men who are just starting their acrobatic sex regime.



THE HOW-TO

The guy lies back on the floor, leaning against a sofa or bed for support. The woman then straddles him in a sideways split, resting her hands on the floor to allow her to control her bouncing. The man can assist by putting his hands on her hips to help her move up and down should she start to tire.

✓ ACROBATIC TIP

The seriously bendy babe can try leaning all the way forward to rest her head against her ankle, thus giving her constant clitoral contact against the guy's upper thigh. If the guy's as limber as the woman, he can also do the split, thus allowing easy access to his balls and bum. Male G-spot stimulation, you say? That'll do nicely.

No. 5

L IS FOR LOVING

★ THE BENEFIT

All those hours in the gym will pay off when you're supple enough to enjoy L Is for Loving. Both partners can easily caress the woman's breasts or clit during sex—and if he's a leg man, he'll be in heaven when he sees her luscious limbs stretched out in front of him.



THE HOW-TO

Stretch those thigh muscles in fun new ways! The woman lies on her side and raises her top leg in the air, holding it in place with her arm. The man then straddles her and slides inside.

✓ ACROBATIC TIP

A bullet vibrator can take this position to whole new levels. The woman simply holds the vibe against her clit while the man thrusts. If the woman's upper leg gets tired, she can raise it and rest it against the man's chest for a while before resuming the original position. Not only does this give the woman a rest, but it also changes the angle of penetration, which changes the sensation. Who knows, you may reach places you've never discovered before!





FEET AND INCHES

★ THE BENEFIT

If he's into booty lovin', what more could you need? After all, everything is presented ready to play. And all that exercise will keep your blood pumping, building serious passion as you work your way toward climax. The unusual angle in this position presses the glans directly into the G-spot, so don't be surprised if female ejaculation ensues. It might be a good idea to put down a towel . . .



THE HOW-TO

The acrobatics involved here are subtle; this position requires controlled flexing of the pelvic floor muscles. The woman lies on the bed with her head on a pillow. The man lies on top of her, with his head at her feet and his feet at her shoulders. The woman raises her legs and arches her hips to allow the man to penetrate her, using her pelvic floor muscles to help her maintain the position. Once you're connected, flex your pelvic floor muscles in unison to stimulate each other in whole new ways.

✓ ACROBATIC TIP

The woman can engage her pelvic floor muscles while lying on her back, then use these muscles to slowly lift her pelvis, keeping her hips and feet flat on the bed. This ensures a deep control over the pelvic floor. As the male thrusts, the woman can gradually raise her feet from the bed—while keeping her pelvic floor engaged—to deepen penetration. Remember to breathe normally throughout. The man may find it harder to slip inside due to increased muscular tension. If this is the case, the woman should simply bear down lightly with her vaginal muscles to ease access.

No. 7

NO. 14

★ THE BENEFIT

Hits the G-spot? Check! Provides seriously sexy pelvic friction and clitoral stimulation? Check! Gives you lots of scope for kisses and caresses? Check! You could say this position checks every box. It's a great thigh workout for both of you, but all that tensing is well worth the effort: It increases blood flow to your bits, making you more sensitive and helping boost your eventual orgasmic explosion.



THE HOW-TO

No. 14 gets its name from the shape lovers make in the position: The guy is number one, and the woman is wrapped around him in the shape of a four. To get into position, the man stands and the woman leaps up to wrap her legs around his waist and thighs, and slips him inside her. She then uses her pelvic floor muscles to raise and lower herself on him. The male tenses and releases his buttock muscles to add his own rhythm.

✓ ACROBATIC TIP

If your fitness levels leave a little to be desired, try this position with the woman resting her buttocks on the edge of the bed. The guy may need to kneel to get his pelvis level with hers, but it's a lot less work and still provides the deep penetration and clitoral stimulation of the classic No. 14.





No. 8

ADVANCED BEE

★ THE BENEFIT

The G-spot is practically unmissable in Advanced Bee due to the angle of entry and depth of penetration. It's great for small guys because it makes the most of every inch, so you'll both have extra thrills. The nipple-tastic view will put a smile on the man's face, too.



THE HOW-TO

This position is truly alphabetical in the language of love. The man forms an M shape and the woman sits on top of him in a V shape that perfectly angles her pelvis to help the man hit her G-spot. If the guy's up for anal play, he can sit on a toy to hit his P-zone, too. OMG!

✓ ACROBATIC TIP

Start in standard woman-on-top position, with the man sitting up. The woman then hooks her legs over the man's shoulders and wraps her arms around his neck for balance. Only then should the man lean back on his arms, unless you want to end up in a tangle of limbs. But then again, maybe you do . . .

No. 9

SPORTING OF SWANS

★ THE BENEFIT

Easy intimacy and the opportunity for eye gazing and kissing make this a romantic position that's great when you're feeling loved up. The guy can caress his lover's back, too—thought by Tantric practitioners to be where sexual energy resides. Last but not least, lots of clitoral stimulation makes this an all-around winner.

THE HOW-TO

You don't have to be superfit to enjoy the Sporting of Swans, but it helps. The guy sits down with his knees spread and pelvic floor engaged. The woman sits astride him, putting one foot flat on the floor for balance and hooking her other leg over his shoulder. She then uses her thigh and Kegel muscles to raise and lower herself and grind her way to orgasmic bliss, while the man flexes his pelvic floor muscles to move his member inside her.

✓ ACROBATIC TIP

The woman can balance more easily if she wraps her arms around the man's neck. No pulling on the neck, though, as that can cause back injury. The man can help by putting his hand on her lower back or gripping her bum—not that he'll need much encouragement for the latter.





No. 10

THE WALLFLOWER

★ THE BENEFIT

Deep penetration, labial stimulation galore, easy clit access, and eye contact: How much more versatile a position could you possibly want? The side-on angle will also change the sensation as the man slides into the woman. This is a particular winner if the man is blessed with girth . . .



THE HOW-TO

A wall is the perfect sexcessory for acrobatic sex. The woman stands side on to the wall, using it for support as she leans forward, raising one leg as she does. The man then slides into position, supporting the woman's raised leg with his hand. By leaning into the wall, the woman can balance easily when her man lifts her leg to waist level and slides inside.

✓ ACROBATIC TIP

If the man needs more of a challenge, skip the supporting wall. Instead, he should support the woman's torso with his hands. This is *not* recommended if you have a bad back!

No. 11

HANDSTAND AND DELIVER

THE BENEFIT

Talk about head rush! If you get it right, this in-depth position makes the most of every inch, and should anal play be your thing, there's easy access for the man's hands. Given the extreme angle, the man will need to use his hand to position his penis appropriately, though the further up the woman's thighs he straddles, the easier it will be to enter her. Similarly, the man can lean forward against a wall to change the angle and make things easier. If penetration is still tricky and his member is of the inflexible variety, he can make life much easier by standing in front of the woman instead, and bending over her body for penetration.



THE HOW-TO

It's time to hope you remember those gym classes, because this super-sexy position isn't for the unfit. The woman stands on her head, using her arms for support, and bends her knees towards her chest. The guy then stands astride the woman, facing away from her, taking advantage of her vulnerable and wide-open position in the hottest possible way.

✓ ACROBATIC TIP

If the angle is a little too extreme, the man can lean forward onto his stretched-out hands, to make penetration easier.





No. 12

BANANA SPLIT

★ THE BENEFIT

It may be a stretch, but this wide-open position ensures easy access to every inch of the woman's bits, bringing a whole new meaning to the word *erogenous*. His hands explore while he penetrates the woman in the deepest possible way—and there's nothing to stop her from lending a helping hand, too.



THE HOW-TO

And you thought that learning splits would never come in useful? The guy leans back and relaxes against a wall or sofa or office table while the woman stretches her legs wide to leave herself open to offers . . .

✓ ACROBATIC TIP

If the guy wants more movement, he can grip his lover's hips and help her thrust back against him. And if he's a bendy bloke, he can do a split, too, leaving his balls in prime position for play. Hot stuff!

No. 13

THE TOW TRUCK

★ THE BENEFIT

The majority of the nerves in the vagina are located within the first few inches. This mind-expanding position makes sure every single one of them is stimulated. And to add incredible G-spot stimulation, all the guy needs to do is slide farther inside by leaning farther forward. This is not a position for the unbalanced!



THE HOW-TO

The woman kneels on all fours as if readying herself for doggy-style sex, but rather than mounting her in the usual fashion, the man stands with his buttocks pressed to hers, then leans forward until he can slide into her from this exceptionally unusual angle. He'll probably need to use his hand to gently bend his penis into position, at which point the woman can push back against him. His reward? A pornastic view that's sure to keep his pecker up.

✓ ACROBATIC TIP

The woman can balance on one hand and use the other to stimulate her clit or the man's balls to add extra thrills.





No. 14

PRIMA BALLERINA

★ THE BENEFIT

The man gets a seriously saucy view of his lover's bum and open thighs, and visual arousal is a sure-fire way to make a guy stand at attention. Meanwhile, the woman can enjoy an unusual angle that's sure to emphasize—and enhance—the man's girth. It's the perfect balance of pleasure for man and woman alike.



THE HOW-TO

The woman leans against a wall with her arm stretched out against it, then raises her leg in the air. The guy stands between her legs, holding her leg to help her maintain support and placing his other hand on the back of her neck or hip to help aid her balance. Of course, this hand is free to roam wherever else you want if the woman can keep herself upright with ease.

✓ ACROBATIC TIP

If a woman is seriously balletic, you can do this without a wall for support. And if the guy is after an extra challenge, he can lift his partner by the waist to give himself complete control over the thrusting. This is hot if you feel like playing master and slave.

No.15

THE SKIER

★ THE BENEFIT

Thighs of steel may be required for this demanding position, but for women in search of G-spot thrills, the Skier is by far the best way to find them because she can angle her man wherever she wants him. And if a guy's a little *too* blessed, she can limit penetration levels, too.

THE HOW-TO

The man lies on the bed with his buttocks at the edge of the mattress, legs in the air, and rod ready to rock 'n' roll. The woman starts by lying on top of the man with her back against his chest and pelvis above his, then slides onto him. She should then gradually sit up and lean forward, taking it slowly to ensure she doesn't bend her man the wrong way. Once she is sitting up, she slowly lowers her legs onto the floor, then rocks back and forth as desired. The man should keep his legs raised the whole time, thus allowing easy access for the woman to reach between her own legs to stroke his penis and balls. He can rest his legs against the woman's back if this proves too hard on his thighs.

✓ ACROBATIC TIP

The woman should use her love muscles to raise herself, Pilates style, when starting this position. Not only will it make things easier, but it'll tighten everything up, too.





No. 16

THE ROCKING HORSE

★ THE BENEFIT

By rocking on the edge of the bed, the woman can change the angle of penetration to stimulate her G-spot or clit, depending on what she wants at that moment. And in this position, what the lady wants, the lady will get. How could any man refuse a view like this?



THE HOW-TO

For this twisted position, it's all about the woman being supple. She starts by lying over the edge of the bed with her head on the mattress, and then flips her legs over her shoulders to rest behind her head. The man stands at the edge of the bed and slides in. The woman then clasps her lover's hands and the pair rock together for deeply satisfying thrusting that goes deeper than most other positions.

✓ ACROBATIC TIP

If the woman flexes her Kegel muscles in this position, the reaction should be intense. Hot, tight, and deep loving. Yummy!

No. 17

YIN AND YANG

★ THE BENEFIT

Bring a whole new meaning to giving great head by using this gymnastic position. The man can rub against the woman's clit while thrusting deep inside her. Meanwhile, the woman's pelvic floor flexing and wantonly graphic display will make man and woman merge together in record time. Get ready for your world to turn upside down!



THE HOW-TO

First off, move your sofa a few feet away from the wall, unless it already happens to be situated there. The woman then does a headstand on the floor behind the sofa, facing toward it and balancing with her arms and supporting her torso with the back of the sofa. She parts her thighs, ready for her man. The guy then straddles the woman, raising his legs to press against the wall as soon as he's steady enough. Deep, dangerous, and delicious. (Given the amount of acrobatic positions that are aided by a sofa, it is really worth considering wipe-clean covers or leather cushions.)

Note: Do not attempt this position unless you are sure the sofa is stable and heavy enough to stay in place.

✓ ACROBATIC TIP

The woman can cross her legs behind her lover's back if she's feeling very gymnastic.





No. 18

BENDING OVER BACKWARD

★ THE BENEFIT

The man can't fail to make his desires obvious when he gets into this position: His manhood is displayed optimally. But it's up to the woman to take control, as all the man's efforts will be focused on keeping his body appropriately raised off the floor. What's a girl to do but climb on board and ride away?



THE HOW-TO

It's time for the guy to flex his back muscles. This position puts the woman firmly in charge. The man lies on the floor with his bum on a sofa or low bed. The woman then straddles him in reverse cowgirl and rocks her way to bliss.

✓ ACROBATIC TIP

For a mutual stretch, the woman can lean forward and support her weight on her arms as she bucks back. And buck she will if she's after G-spot stimulation. Bending Over Backward offers the deepest love imaginable.

No. 19

THE BOW AND ARROW

★ THE BENEFIT

Cupid must have been having naughty thoughts the day that this position was devised. Sure to strike deep into a woman's heart, soul, and pretty much everywhere else, the man has easy access to every inch of the woman's body and a view he'll be desperate to photograph. Oh, and you can look lovingly into one another's eyes, too.



THE HOW-TO

It's time for spreading those thighs wide once more, but this time the woman can use her hands to help her maintain the position. She simply lies on the floor or bed with her legs spread as widely as possible and hands gripping her ankles. Talk about an open invitation for the guy to kneel between her thighs and start thrusting! Caressing the thighs as he thrusts will add extra sensual pleasure for the woman.

✓ ACROBATIC TIP

For a real challenge, the guy can spread his thighs equally wide and lean forward to kiss his lover. Yep, it's a stretch, but the clitoral stimulation it provides will make his partner's squeals all the reward that he needs.





THE BACK BRACE

★ THE BENEFIT

If you're tempted by the Skier but lacking the required thigh strength, this will help you work your way up to it. The woman can touch her own body as much as her heart desires—and should you have a mirror on hand, talk about an exhibitionist thrill. If the man's into ball play or backdoor fun, the woman can easily use her hands to deliver ultimate thrills. This position is a winner on multiple levels.



THE HOW-TO

The guy lies at the edge of the bed with his legs raised in the air and spread wide and his rod ready to go. The woman stands at the side of the bed, buttocks facing the man, and gradually lowers herself onto his waiting member. It's advisable to let the man find his perfect angle in this deep-loving position by steering the woman with his hands on her hips. Once he's penetrated her, he can brace his legs against the woman's back to push her forward and take him deeper, or let his feet splay on either side of her body when he's happy with the position she's in. The woman should raise and lower herself using her leg muscles to control thrusting.

✓ ACROBATIC TIP

For deeply stimulating sex, the woman can lean forward to touch her toes, thus pressing his penis straight into her G-spot. Do take it slowly, though, to avoid bending the guy's penis in an uncomfortable angle.

No. 21

SPLIT PERSONALITY

★ THE BENEFIT

What do you give to the girl who has everything? How about combined G-spot and clitoral thrills of the very highest order? If the woman's feeling really greedy, the guy can always use his hands to give the ultimate fulfillment, letting them roam *all* over her body. And there's nothing to stop her from returning the favor if he's into ball-spot stimulation, of course.

THE HOW-TO

The guy sits on the floor, leaning back against a sofa, bed, or wall. The woman then straddles him in a full split (rather than a sideways split, as with the Skewered Hurdler), leaning forward onto her hands to help her control her movements. The guy can use his hands on the woman's waist and hips to help her move more vigorously, should he so desire.

✓ ACROBATIC TIP

To deepen penetration and increase stability, the guy can raise his legs in the air and lean forward to hold his ankles. If he's feeling submissive, this is just what the doctor ordered: He'll be relinquishing full control to the woman.





No. 22

THE PLOUGH

★ THE BENEFIT

He'll feel more of a man in every way in this girth- and length-pumping position. The woman's tense muscles equal gripping Kegels, which are sure to send him wild with desire, too. Add in the obvious visual appeal, and you've got a definite man pleaser that offers pleasure galore for the woman, as well.



THE HOW-TO

The woman starts off with her hands and feet flat on the floor, about 3 feet (just under 1 meter) apart. The man then stands behind her, slides in, and lifts her leg, thus allowing himself unimpeded access to her lady parts. He can control the thrusting by "steering" with her thigh.

✓ ACROBATIC TIP

If the woman has great balance, she can use one hand to tweak her own nipples as the guy pleasures her down below.

No. 23

THE BUTTERFLY

★ THE BENEFIT

Get ready to blissfully float away in this challenging position that's oh so worth it. The woman is wide open to receive the man, meaning the labia get much more stimulation than usual. The man can also reach around to use a vibe on the woman's clit to really set her aflutter.



THE HOW-TO

The guy gets into a semi-supine position and the woman straddles him, resting her arms on the floor and using his thighs to support her in a semi-split. The man then slowly raises his hips off the floor to deepen penetration. The woman can control the thrusting movements by pressing her hands against the floor.

✓ ACROBATIC TIP

If the woman has a great sense of balance and the man has a strong back, he can further deepen penetration by raising himself off the floor entirely. What a man!





No. 24

DEVIANT DOGGY

★ THE BENEFIT

L is most definitely the letter of love and lust when it takes the form of this hot, hot, hot position. Your bodies form a sideways letter L—but it's not just about the aesthetics. This angle will increase the sensation of a guy's girth. Throw in some circular hip rotations on one or both sides for a truly extraordinary experience.



THE HOW-TO

The woman kneels on all fours and the man kneels between her legs side on, lifting one of his legs on top of her buttocks and thrusting away as he places his hand on her buttocks to steady himself. To tighten things up, the woman can press her thighs together once the man is inside her.

✓ ACROBATIC TIP

The woman can raise one leg to rest on the man's torso as he thrusts to further deepen penetration.

No. 25

THREADING THE NEEDLE

★ THE BENEFIT

This position allows for oodles of clitoral stimulation with every thrust, both from the man's shaft rubbing against her clit and from either his or her helping hand. The result? A woman who is dripping wet and begging for more—and more is exactly what the man is in the ideal position to give her.



THE HOW-TO

Not one for the imbalanced, this position takes concentration. The woman lies on her back over the side of the bed (or a kitchen table if you're feeling naughty), then bends her knees. The man then straddles her, pulling one of her legs between his thighs while the woman pulls the other one back toward her head, before thrusting away to bliss.

✓ ACROBATIC TIP

The woman can raise one leg in front of the man's body and extend the other behind him to intensify levels of clitoral stimulation.





No. 26

HEARTFLIPPER

★ THE BENEFIT

A handstand can easily be assisted by a sofa, meaning even newbies to acrobatic sex can enjoy this wild position. The woman gets a head rush and a thorough pounding, sure to set her G-spot on fire. The man gets deep penetration and a feeling of dominant control. Who said power games can't be fun?



THE HOW-TO

As with Yin and Yang, move your sofa a few feet away from the wall, unless it already happens to be situated there. The woman does a handstand facing the back of the sofa (using her elbows for support if required), letting her legs rest over the top of the sofa for stability. The man then stands on the sofa and thrusts away, using the wall to brace against. If height is an issue, he can kneel on the back of the sofa instead, as long as he has a good sense of balance.

Note: Do not attempt this position unless you are sure that the sofa is stable and heavy enough to stay in place.

✓ ACROBATIC TIP

If the woman is particularly acrobatic, she can get into this position without the aid of a sofa, giving the man myriad angles from which to enter her.

No. 27

CHEEK TO CHEEK

★ THE BENEFIT

Make the most of every inch in this unusual position that makes the woman's G-spot damn near unmissable. And if the guy likes his G-spot stimulated, too, so much the better: The woman is ideally positioned to caress his prostate as he thrusts. If his G-spot is off limits, she's got both hands free to caress his balls—or her own body if she's feeling self-indulgent.



THE HOW-TO

The woman lies on her back on a sofa, resting her knees behind her ears. The man then squats over her, sliding inside her and using his hands to help him balance. The male is, fairly obviously, in control and can use his arms as well as his legs to control his movements.

✓ ACROBATIC TIP

The man can extend his legs behind himself to change the angle of penetration and subsequent thrills.





No. 28

THE NUTCRACKER

★ THE BENEFIT

Side-on entry emphasizes a man's girth, and when you throw in G-spot and clit thrills, too, suffice it to say this position is worth the woman's effort. Meanwhile, the guy gets to enjoy deep penetration, and his partner can caress his balls as he thrusts. The humble sofa comes into its own once again.



THE HOW-TO

The woman kneels sideways on the sofa, leaning to the side to rest her head against the back of it. Kneeling, the man then lifts her leg, rests it on his shoulder, and slides in. The woman can brace her hands against the back of the sofa to help increase her stability or simply use her hands to caress her partner.

✓ ACROBATIC TIP

The woman can try moving her leg from one of the man's shoulders to the other to vary the angle of penetration and produce different sensations.

No. 29

THE DIVER

★ THE BENEFIT

Half push-up, half body-pop, this position demands an athletic man—but just think how hot it'll look as his arms pump up and down. The woman needs to be flexible to keep her legs in position but should leave the guy to control the pace so he doesn't bend in the wrong way. If he bends in the *right* way, you'll both appreciate it because it's a guaranteed G-spot pleaser.



THE HOW-TO

The woman lies on her back on the bed, with her hips aligned with the edge of the mattress and her legs splayed. The man then lies on top to allow him to slide inside her, with his arms on the floor to control his thrusts push-up style. The woman can deepen penetration by flexing her pelvic floor muscles and arching her hips off the bed.

✓ ACROBATIC TIP

If the man is super fit, he can try this position one-handed, leaving the other hand free to caress his lover's buttocks—or slip a finger inside her if she's into anal play.





No. 30

LOVE LIFT

★ THE BENEFIT

Who says love and acrobatics don't go together? This endorphin-pumping position has both lovers raise and lower their hips in unison, increasing blood flow to the area and boosting orgasm for both of you. Men shouldn't underestimate the intensity of caressing a woman's lower back during sex. Tantric practitioners believe sexual energy is stored in the lower spine, just waiting to be released.



THE HOW-TO

The woman lies with her hands and feet flat on the floor or mattress. The man sits on his knees between her legs and enters her. He then pushes up on his knees and wraps his arms around her waist, lifting the woman's hips as she pushes herself up using her arms, legs, and pelvic floor muscles. Repeat this raising and lowering of the hips until you're both sated.

✓ ACROBATIC TIP

If the woman's particularly strong, she can try doing this one-armed, allowing her other hand freedom to roam wherever it sees fit.

No. 31

RIDE A COCK HORSE

★ THE BENEFIT

Take riding off into the sunset together in a much more interesting direction with this demanding but satisfying position. He's got the best incentive ever to stay in position: the view when he looks down his body. She can change the angle to suit her clit or G-spot, or both. You can even look into one another's eyes for that perfect Hollywood ending.



THE HOW-TO

The man gets into the crab position by lying on his back with his hands pressed flat on the floor next to his head (fingertips facing his shoulders) and feet flat against the floor. He then uses his arms and legs to push his torso into the air. The woman then sits astride him, taking some of her own body weight on her legs but letting the bulk of it rest on his manhood for über-deep penetration. She can let her hands explore his body, using one on his torso and the other between his legs.

✓ ACROBATIC TIP

If the man is extremely fit, he can try doing this one-handed, which leaves the other one free to caress his lover's thighs, breasts, and clit.





No. 32

SPIDERWOMAN

★ THE BENEFIT

She'll be climbing the walls with this deeply satisfying position. Not only does it make the most of a man's assets, but it also leaves him with both hands free to explore his woman's body. Meanwhile, he gets to enjoy an extra-snug fit due to the contraction of her love muscles.



THE HOW-TO

If ballet positions are just a little too challenging, this offers a good compromise. The woman lifts one leg to rest against the wall, using her arms to support it if required. The man slides in from the side, using his hand on her clitoris to add extra stimulation.

✓ ACROBATIC TIP

Once comfortable with this position, the woman can try it without using her hands to support her leg, thus leaving her hands free to play with herself or her man.

No. 33

XXX MARKS THE SPOT

★ THE BENEFIT

In this position, the woman is sure to get a head rush as she's pounded into bliss. With the right positioning, the woman's body weight will press her clit oh-so-satisfyingly against her guy. If you can't quite find that perfect angle, there's still easy access to her clit, and if the man leans forward he can caress her breasts, too.



THE HOW-TO

Get ready for the earth to move! The woman starts in a bridge position, but the man takes the tunnel instead, raising her up to allow hard, fast entry. If you struggle to hold the position, do it in front of a sofa so the man can sit back and the woman can rest her legs against the sofa when you both tire.

✓ ACROBATIC TIP

The woman can make this position even more intense for her man by crossing her legs behind his back to deepen penetration.





No. 34

THE CATAPULT

★ THE BENEFIT

Just when you thought penetration could get no deeper comes the Catapult. It's sure to have you both hitting the ultimate heights. The man presses straight into her G-spot, while leaving the way clear for the woman's hands to caress her own clit. Better yet, add a bullet vibrator to the Catapult for truly explosive results.



THE HOW-TO

The woman lies on her back with her legs in the air. The man kneels over her for entry, facing her feet, with his legs against her thighs. Then he leans forward and extends his legs backward until he's lying flat on the floor or bed. The woman holds on to his legs to help him stay in position as he thrusts.

✓ ACROBATIC TIP

The woman can extend her legs backward to rest on the floor or bed to change the angle and subsequent sensation. Be warned: This will really be a stretch—in more ways than one!

No. 35

THE BOOKSHELF

★ THE BENEFIT

If a woman is limber enough to raise her leg up to rest on a man's shoulder, she deserves the joys this position can bring for all her hard work in the gym. This is penetration that's as deep as you want it. Better yet, the woman's muscles will tighten as she raises her leg, increasing friction for both of you.



THE HOW-TO

The woman stands in front of a wall, placing her hands against it. The man stands behind her, and the woman then raises one leg up until her thigh is resting against the man's torso. The woman can push against the wall to squeeze herself back against her man. Voilà! Deeper penetration in seconds.

✓ ACROBATIC TIP

If the man is extremely strong, he can lift the woman entirely off the floor to extend both legs behind in the air as he thrusts away.





No. 36

F*CK ME SIDEWAYS

★ THE BENEFIT

For a real feeling of being stretched in every direction, you can't beat F*ck Me Sideways. The wall provides assistance with balance, leaving the woman free to raise her leg as high as she can while the man has both of his hands free. And if one or both of those hands starts to wander over the woman's body? That's just an added bonus.



THE HOW-TO

The woman stands in front of the wall, resting one shoulder and one or both arms against it as she raises her leg high in the air. The man then slides inside her from the side, gripping her raised leg to aid his thrusting.

✓ ACROBATIC TIP

The higher the woman raises her leg, the deeper the sex will be. If that's not an incentive to push yourself to the limit, what is?

No. 37

LOVING ANGLES

★ THE BENEFIT

The man has easy access to caress the woman's breasts and clit, while the woman can vary the angle of penetration by lifting or lowering her leg. If it all becomes too much of a stretch, it's easy for the woman to take a break: She simply rests her top leg on her bottom leg—which will tighten her up, too.



THE HOW-TO

A bed is all you need to boost your loving with this deep-penetration position that's sure to be a hit with foot fetishists. The woman lies on her side on the bed, with one leg flat on the bed and the other leg lifted in the air at a 90-degree angle. Her bits should be in line with the edge of the bed, giving the guy easy access. The man then simply stands at the side of the bed, slides in, and pounds away.

✓ ACROBATIC TIP

Stretch the guy further by adding kissing to the mix: Every time he thrusts, he should also lean over to kiss his lover. Not only will this add romance, but it also deepens penetration to intense levels.





No. 38

THE BEDSIDE TABLE

★ THE BENEFIT

This position is certainly full of animal passion, leaving the man in full control to thrust away to his heart's content. Meanwhile, the woman gets great G-spot stimulation, and the stretch will ensure she's super-tight, too, adding extra friction for both of you. It might be a challenge, but all the best things in life are.



THE HOW-TO

The woman lies on her back over the edge of the bed and the man slides in. The woman then wraps her legs around him and lets him lift her while she grips him with her thighs. The man then leads her to a wall. The woman leans back until her hands touch the wall; her head is level with her groin as she braces herself against wall.

✓ ACROBATIC TIP

For extra-deep penetration, the woman can walk her hands down the wall until she reaches the floor. The man pounds into her from above.

No. 39

XXX

★ THE BENEFIT

If you like the reverse cowgirl position, you'll love XXX because it stimulates the G-spot in a similar way but puts the man in charge of the thrusting. This fun position stimulates the sensitive entrance to the vagina, too. And if the guy is into prostate stimulation, the woman has easy access.



THE HOW-TO

The woman lies on her back with her legs spread wide apart. The man, facing her feet, lowers himself on top of her so that his feet are on either side of her shoulders and his legs are over her hips. The woman rests her legs on the man's back as he thrusts into her backward. The woman can pull on his hips to deepen penetration.

✓ ACROBATIC TIP

The woman can raise her legs in the air in this position to open herself up even more fully to the man's member.





No. 40

CANCAN

★ THE BENEFIT

There's great intimacy and easy clitoral stimulation when you get as close as close can be in this dance-inspired position. Unlike in many acrobatic sex positions, kissing is easy in the Cancan. And of course, ladies, raising those legs nice and high means that you can make the most of every inch of your man.



THE HOW-TO

The woman stands facing the man, who should hold his legs about 3 feet (just less than 1 meter) apart to ensure that he has a stable base. The woman should then rest her arms on his shoulders while the man puts his arms around her lower back. Finally, the woman raises her leg up to rest on the man's shoulder. Once the man has penetrated her, the woman should raise her leg as high as possible in a vertical split, moving her calf as far up his shoulder as possible.

✓ ACROBATIC TIP

To make this Cancan really active, the woman can alternate legs, which will change the angle of penetration every time. Just make sure that you take it slowly to start with—you don't want to fall over midway through.

No. 41

HOT CROSS FUN

★ THE BENEFIT

A real thigh stretcher, this position gives easy access to the clit, labia, and beyond. If the woman's into anal play, then the guy can slide a finger inside her at the same time as he penetrates her. These multilevel thrills are sure to lead to screams of delight.



THE HOW-TO

The woman lies on her back with her right leg pointing up in the air and her left leg stretched out to the side. She reaches forward to grab her right knee. The man then crouches facing her, lifting up her buttocks to penetrate her.

✓ ACROBATIC TIP

Add a sofa to the equation and things become even more fun. The woman simply lies along the sofa with her head on one arm and one leg splayed over the edge of the sofa. She can then use her other hand to push back against the arm or back of the sofa and deepen penetration further. The man may need to hold her raised leg in place if she's not capable of holding it there without assistance.





No. 42

CROSSED WIRES

★ THE BENEFIT

This position exposes the sensitive clitoral hood, enabling either person to stimulate the woman's clit with ease. Because of the unusual angle, it's worth using lots of lube to ensure the friction works in the right way. The woman can flex and release her pelvic floor muscles to heighten sensation for both of you, too.



THE HOW-TO

The woman lies on her back and the man lies across her to make a cross shape. The man then puts one leg underneath the woman's legs and the other one on top and slides in.

✓ ACROBATIC TIP

You're clearly king of the gym if this position isn't already a challenge. Doing it one-handed is your next challenge—just make sure you put that free hand to good use.

No. 43

THE TICKING CLOCK

★ THE BENEFIT

This position really does stimulate every part of your bits, so you'll both get some new sensations from it. With the woman facing the man's feet, she'll get deep penetration and G-spot stimulation. When she's side on, he'll feel thicker; when she's facing him, there's ample opportunity for kissing and caressing each other. However, the Ticking Clock is not easy, so don't try it unless you're really comfortable with your partner. There's a reasonable chance that the woman could fall off, and you need to be able to laugh together rather than feel embarrassed if this happens.



THE HOW-TO

Start in the woman-on-top position, with the woman facing the man's feet. Start sex in this position, with the man thrusting until the woman is well lubricated. The woman then makes a quarter turn, keeping the man's penis inside her, and resumes thrusting as before. Once it starts getting heated, she then makes another quarter turn so that she's now facing the man, and then continues rocking away once more. She carries on making quarter turns, getting faster as she feels more comfortable with the moves.

✓ ACROBATIC TIP

A sex swing will add a whole new twist to this position. The woman can simply sit in the swing, leaving the man to lie underneath and control the movements. Spin her right 'round, baby. Oh, yeah!





No. 44

THE QUARTERBACK

★ THE BENEFIT

As with the Ticking Clock, this position offers a multitude of pleasures, from clitoral stimulation when he's facing the woman to G-spot fun when he's facing her feet. Over the course of the different positions, you both have access to every inch of each other, allowing for stimulation all over. However, the onus of the caressing should be firmly on the woman: The man's hands will be rather busy, after all.

THE HOW-TO

It's time to challenge the man to get athletic. Start in the man-on-top position and thrust away until the woman is dripping wet. The man then uses his hands, push-up style, to move himself around by a quarter turn and starts thrusting once more, now with the man at a 90-degree angle to the woman. Finally, he moves so that his feet are at the woman's head, and then back around.

✓ ACROBATIC TIP

If the man is incredibly fit, he can always try this position one-handed so that he can caress his partner as much as she can caress him.

No. 45

169

★ THE BENEFIT

Based on the Pilates move the Hundred—but with a sexy twist—this position ensures that the woman's pelvic floor is fully engaged, increasing blood flow to her bits and tightening the vagina to allow lots of delicious friction for both of you. The 169 is great for G-spot stimulation and a slow-simmering session.



THE HOW-TO

The woman lies on her back with her feet flat on the floor and her fingertips 3 inches (7.5 centimeters) above the floor. The man lies with his head facing the woman's feet and his weight propped up on his hands, and he slides inside her. The woman then clenches and releases her pelvic floor muscles to slowly raise and lower her hips from the floor. The man simultaneously lowers and raises himself by doing push-ups.

✓ ACROBATIC TIP

If he's particularly limber, the man can do one-handed push-ups, leaving the other hand free to massage his lover's feet or stroke her inner thighs.





No. 46

SIT UP AND BEG

★ THE BENEFIT

Too often men have to do all the work. This position gives the guy a rest, stimulates the woman from G-spot to clit and back again, and boosts blood flow to the woman's bits, which increases her orgasmic potential. Engaging the pelvic floor tightens the vagina and varies the sensation for the woman, ensuring that she hits every spot.



THE HOW-TO

The man lies on his back facing the woman, and the woman straddles him for penetration. She then leans back and places her feet flat on the bed on either side of the man's waist, and then begins doing sit-ups, making sure she engages the pelvic floor fully with every one.

✓ ACROBATIC TIP

The woman can extend each sit-up to kiss her partner every time before lying back down again. She can also twist her body first to the left and then to the right with alternate sit-ups to vary the angle of penetration.

No. 47

HEAD RUSH

★ THE BENEFIT

If a man is strong but heavy due to his muscles, this position allows his partner the perfect view down his rippling thighs as she rides him. She gets to dominate him, and it's a good way to control the depth if the man's too big.



THE HOW-TO

The man gets into a shoulder stand and gets an erection, then angles it downward. The woman stands in front of him and slides onto his penis, angling herself to ensure ultimate G-spot satisfaction.

✓ ACROBATIC TIP

For a twist on this position that will allow for easier access, the woman can do a headstand to put her pelvis in alignment with her man's.





No. 48

ROCK AND ROLL

★ THE BENEFIT

Imbued with Tantric tease, this intimate position allows you both plenty of scope for eye gazing and kissing as you make love. The angle of penetration also varies as you move, making it an ever-changing position that's sure to keep your session spicy. Hot and romantic—what could be better?



THE HOW-TO

The man and woman straddle each other cross-legged, and then the man slips inside the woman. Both lovers join hands and lean back, pulling against each other, then begin rocking back and forth, building momentum and ever-increasing speed. Fireworks here we come!

✓ ACROBATIC TIP

If you've both got strong pelvic floor muscles, try this position without holding hands. Be advised: It takes a lot more muscle control than you might suspect.

No. 49

SHOULDERING ON

★ THE BENEFIT

The man is sure to get a head rush, particularly if he looks up at the graphic view presented by his lover. It also helps minimize how deep the man can go, so if a guy's member is on the large side and can sometimes be a little too much to take, this is a great position to try.



THE HOW-TO

The man does a shoulder stand, resting against a wall for support. The woman then bends over in front of his penis, gets penetration, and, leaning forward to touch her hands to the floor, she begins to buck her hips up and down to thrust.

✓ ACROBATIC TIP

Rather than bending over in front of the man, the woman can straddle him facing the wall and ride away—possibly kissing his feet if he's into foot play. Or simply try an upside-down kiss in this position; it can be a romantic and sexy experience.





No. 50

XXX WALLBANGER

★ THE BENEFIT

While this position is a great way to minimize the penetrative depth of a massive man, the angle of entry makes it a real stretch for the woman, no matter what size the man is. The majority of nerves in the vagina are in the first few inches, and they're sure to get stimulated to the max. This position makes big ones feel smaller and small ones feel bigger. A change is as good as a rest, after all.



THE HOW-TO

The woman leans against the wall, with her buttocks facing the man. He then does a handstand with his head facing the wall, and slowly bends his penis upward as far as is comfortable. The woman straddles his penis, braces her arms against the wall for balance, and starts grinding away. To deepen penetration, she simply bends over more deeply to squat down farther onto the man, moving slowly to ensure that she doesn't bend him in an uncomfortable way. The man can use his pelvic floor muscles to thrust, too, as long as he's stable enough.

✓ ACROBATIC TIP

Some men can comfortably bend their erect penis and others can't, so the woman can ease onto the man by doing a shoulder stand in front of him instead, if the original angle of entry doesn't quite work.

No. 51

TWO-FACED LOVER

★ THE BENEFIT

You'll both enjoy an intense head rush that will only get hotter with every thrust. The weight of the man's body will be focused on his penis, meaning deep and passionate penetration like you've never experienced before. Use a wall for balance if you're not all that steady on your hands.



THE HOW-TO

Both of you need to be relatively gymnastic for this position—and ideally of similar heights—as you both need to do a headstand, with the woman in front of the man. Don't worry too much if your pelvises don't line up at this point as this will be rectified when you move to the next stage of this position, in which the woman spreads her legs as wide as possible, and the man lowers his legs between hers to rest on the floor behind her body, before thrusting away.

✓ ACROBATIC TIP

To enhance penetration, the woman can spread her legs as wide as possible, while the man lowers his legs between hers to rest his toes on the floor behind her body before thrusting away. If this is beyond your fitness level, put some sofa cushions behind the woman's back to make it less of a stretch for the man. Balance will already be a challenge in this extreme acrobatic position, but if you really must make things harder for yourselves, the man can thrust using his pelvic floor muscles alone, rather than resting his feet on the floor.





No. 52

OPEN-DOOR POLICY

★ THE BENEFIT

This position has all the benefits of standing sex, but it leaves the man's hands free to explore as he sees fit. It also allows the woman a great chance to tease her man, if she's strong enough, because she can move herself away from his thrusts and make him wait for his pleasure if she so wishes.



THE HOW-TO

The woman jumps up to wrap her legs around the man's hips, and he slides inside her and carries her to the doorway. She then grips the top of the door and uses her upper-body strength to raise and lower herself onto his penis. The man has both hands free to caress her.

✓ ACROBATIC TIP

Both of you can hold on to the doorframe and raise and lower yourselves in sync with each other. But really, unless you're a gymnast, isn't the basic version acrobatic enough?

No. 53

THE WEIGHTLIFTER

★ THE BENEFIT

This is one for all those action men out there! The Weightlifter combines submissive thrills for the woman with a serious upper-body workout for the man. It's sure to make any woman with a muscle-man craving melt. Doesn't everyone need a little animal passion every now and then? Deep penetration should be taken as a given.



THE HOW-TO

The woman wraps her legs around the man's waist and slides onto him. The man puts his arms around her waist, and the woman slowly relaxes her body entirely, leaving the man to totally support her weight and move her body as he desires.

✓ ACROBATIC TIP

The woman can raise one or both legs to rest against the man's shoulders to deepen penetration—but don't even think of trying this unless the man is very strong and the woman has a toned pelvic floor.





No. 54

CLASPING HANDSTAND

★ THE BENEFIT

You can kiss each other and enjoy full body contact with an added head rush for extra thrills. Not to mention you'll feel pretty proud if you manage this without falling over. Should the Clasp Handstand prove tricky, one of you can rest against the sofa, leaving a hand free to assist in the moment of penetration.



THE HOW-TO

The man and woman both do handstands, facing each other. (If one of you is more gymnastic than the other, that person should go second, as he or she will be more in control and less likely to kick the other lover in the face!) Entwine your legs and let your hips melt together.

✓ ACROBATIC TIP

If you're really acrobatic, one of you can try doing a one-handed handstand, leaving the other hand free to caress your lover. And if you're that skilled, you really should consider joining the circus.

No. 55

THE BACKFLIP

★ THE BENEFIT

This gives a real stretch for the woman, helping her flex her back muscles and relax. More important, it will make a thin but long member feel as if it's thick and filling. It's also great for hitting the G-spot and gives the man an unparalleled filthy view that's sure to be inspirational.



THE HOW-TO

Start with the man standing and facing the woman. The woman then jumps up to hook her legs behind his hips and slides onto him. The woman then leans back until her hands are touching the floor, and the man thrusts away. The woman can brace her hands firmly against the floor to allow for more vigorous thrusting.

✓ ACROBATIC TIP

The woman can stretch her legs to rest them on the man's shoulders, thus exposing her buttocks more fully and allowing anal play to enter into the arena.





No. 56

THE HEADMASTER

★ THE BENEFIT

This is another real box stretcher that will make even the slimmest member feel immense. And it goes without saying that the woman is very much in control of proceedings here, so she can take things at the pace she wants to, flexing her pelvic floor muscles to milk her man as she moves. Oh, yes!



THE HOW-TO

The man does a headstand in front of the bed, supporting himself with his arms to assist balance. The woman then sits on the edge of the bed with her knees bent, and lets the man slide in. The woman then pushes back and forth, using the man's thighs for balance if required, until you're both quivering with bliss.

✓ ACROBATIC TIP

The woman can raise her legs to deepen penetration if she's a balletic babe. This will give the guy a graphic view when he looks up.

No. 57

HANDSTAND TO ATTENTION

★ THE BENEFIT

Simple but original, Handstand to Attention is so named due to the graphic view the man is presented with prior to entry and the effect it's likely to have on him. Penetration is deep and delicious, and the man can also caress the woman's breasts as he leans over her body.



THE HOW-TO

If you're proud of your gymnastic abilities, this position gives a great opportunity to show them off. The woman does a handstand, parting her thighs to allow easy access for the man. The man stands behind her back and leans over to penetrate her, leaning forward and resting his hands on the floor if deeper penetration is desired.

✓ ACROBATIC TIP

The woman can bend her legs back behind her head to deepen penetration. Alternatively, she can alternate opening and closing her legs to vary the sensation for both partners.





No. 58

TAKING THE CHAIR

★ THE BENEFIT

This is a great position in which the woman can safely get used to the sensation of a head rush, as all she needs to do to stop the feeling is sit up. She's presented to the man in all her glory, leaving him with both hands free to caress her like the goddess she is.



THE HOW-TO

It's time to put the furniture to use again. The woman lies across a chair with her head hanging over the side and her legs in the air, holding on to the chair back to help maintain balance. The man stands by the side of the chair and penetrates her.

✓ ACROBATIC TIP

Once you are used to this position, try it on a swing to add a whole new dimension. Just make sure the park is closed!

No. 59

IS IT IN YET?

★ THE BENEFIT

Is It In Yet puts the woman in control in a whole new way, giving her ample opportunity to grind her clitoris against the man's thigh and chase her own pleasure with abandon. It also helps minimize a massive man while also stimulating the nerve-rich first few inches of the vagina due to the angle of entry.



THE HOW-TO

The man does a handstand next to the bed, with his torso resting against it and his feet and pelvis in the air. The woman then kneels on the bed, facing the man, and spreads her thighs to straddle his hips. She tilts her pelvis to angle herself toward him, using her hands to position the man to her desire and help maintain mutual balance. For foreplay, she can rub the penis against her clitoris, before leaning back on her hands and arching her pelvis towards the man for penetration.

✓ ACROBATIC TIP

The woman can lean back into the crab position once she's slid onto the man's member if she wants to add extra depth of penetration, but go slowly to avoid any discomfort caused by bending the penis.





No. 60

TOP TO TOE

★ THE BENEFIT

Top to Toe allows you to explore multiple angles of penetration with only a basic level of acrobatics. As you bend, the woman's muscles will tighten up, rippling over the man's member and adding an extra edge for both of you. Once you've found your preferred angle, you can pump away to your heart's content.



THE HOW-TO

To begin this position, the man should stand behind the woman and penetrate her. Now, gradually lean forward until both of you are touching your toes at the same time. Feel the stimulation change as the angle of penetration varies, then stand back up again. Repeat touching your toes and finish off in your favorite angle with some vigorous thrusting.

✓ ACROBATIC TIP

Go for hard and deep loving by bending over just once. The man can then thrust away while both of you are touching your toes. Head rush city!

No. 61

LOOK, NO HANDS

★ THE BENEFIT

Holding on to the man brings the woman's body oh-so-close to his and changes the angle of penetration so that he's pressing directly on her G-spot. It might be a challenge for the man, but showing off his strength is a sure-fire way to make his woman melt.



THE HOW-TO

The man needs a strong pelvic core for this one, but the penetration sensation has to be felt to be believed. The woman starts in the wheelbarrow position for penetration and then, once the man is ready, moves each hand in turn to grip the man's shins so that he's entirely supporting her weight.

✓ ACROBATIC TIP

The super-athletic man can try walking in this position.





No. 62

THE TUSSLE

★ THE BENEFIT

This is really multiple positions in one because you just keep moving! The continual rolling means that you stimulate different erogenous zones throughout your steamy session, while the alternating power roles help you keep things fresh. The woman gets constant clitoral stimulation, and both of you feel sensations over every inch of your body.



THE HOW-TO

Start in the missionary position, then adjust yourselves so that the man's thigh is between the woman's. Continue having sex, then start rocking your bodies so that you roll over together, ending up with the woman on top. Continue to roll throughout sex as you see fit, taking turns being passive and active.

✓ ACROBATIC TIP

Rather than starting in standard missionary position, the woman can raise her ankles up to the man's shoulders to deepen penetration. However, this will put the rolling entirely in the man's hands when the woman is on top—which makes it a lot more complex.

No. 63

FLIPPING FANTASTIC

★ THE BENEFIT

There's lots of clitoral stimulation in this position thanks to the man's thigh, plus deep penetration and skin-to-skin contact. As if that's not enough, you're sure to have a smile on your face every time you look at the sofa and think about the fun you've had on it. What more could you need?



THE HOW-TO

This position flips you both upside down in a mind-melting way: The man does a handstand to the side of the sofa, facing one of the arms; the woman sits on the arm of the sofa, slides onto the man, leans back, and rocks herself to bliss. It sounds complex, but it's an utterly fulfilling position.

✓ ACROBATIC TIP

The woman can try pulling the man's legs between hers as she leans back to increase clitoral stimulation—but only if you're both trained gymnasts.





No. 64

THE EYE-FUL TOWER

★ THE BENEFIT

It'll make the most of any man and give him plenty of visual stimulation. It also allows for lots of scope for kissing, unlike many of the more acrobatic positions.



THE HOW-TO

The man kneels down then leans back to rest on his hands, crab style. The woman then straddles him, and rides away to her heart's content. This is a great thigh toner for her and a back stretcher for him, that puts his penis in a prominent position and gives him an eye-full at the same time.

✓ ACROBATIC TIP

The woman can lean forward and put her hands flat on the floor to deepen penetration. And if she straddles him facing his feet rather than his head, the G-spot penetration will be even more mind-blowing. The woman can toy with the man's balls with ease, too.

No. 65

THE BODY HUG

★ THE BENEFIT

This position puts the woman in control in a traditionally male-dominant position. The man can use his free hands to explore the woman's body, which might convince her to take charge more often, too. By tensing all her muscles, the woman will tighten up, heightening friction for both of you.



THE HOW-TO

The woman lies on her back and hangs her legs over the side of the bed with the man standing between her thighs and leaning over her body. She then sits up and wraps her arms around his shoulders and her legs around his waist, and uses them to raise and lower her body for thrusting.

✓ ACROBATIC TIP

The really limber woman can try this using her legs alone to control thrusting, leaving her hands free to roam.





No. 66

THE BACKBREAKER

★ THE BENEFIT

All that blood rushing to the genitals . . . easy caressing of the woman's buttocks and thighs . . . and that's before you even get to the kissing. Despite the images its name may conjure up, the Backbreaker is a great romantic and acrobatic treat with great visual appeal. Why not try it in front of a mirror so you can both appreciate the view?



THE HOW-TO

This move is only to be attempted if the man has great pelvic floor muscles and a strong back. The man stands and the woman jumps up and hooks her legs around his waist for penetration. The man puts his hands underneath her buttocks and hips, and the woman then leans back at a 90-degree angle, before rising up to kiss him, using her pelvic floor muscles to help her move. Continue this leaning and rising to experience a mind-blowing variety of penetrative angles. Once you've found your favorite angle, ride on to the finishing line!

✓ ACROBATIC TIP

Simply speed up your movements to make this one a tougher challenge.

No. 67

PUSH ME, PULL ME

★ THE BENEFIT

Another Tantric treat, Push Me, Pull Me allows for plenty of eye gazing and kissing, along with varied angles. Here, you have lots of opportunity to find the perfect angle that will please you both. Trust me, there's a reason that Tantric sex has been written about for hundreds of years—and this position is all the proof you'll need.



THE HOW-TO

A more extreme but slower version of Rock and Roll, the Push Me, Pull Me has you both moving from upright to flat on your back, and back again, giving a delicious variation of angles. Start by facing each other, sitting cross-legged with the man inside the woman. Hold hands for balance and take turns slowly leaning all the way back and then gradually sitting up, taking your partner with you as you move. You'll find the sensations intense and deeply stimulating.

✓ ACROBATIC TIP

Try this without holding hands—but only if you both have highly trained pelvic floor muscles.





No. 68

UP AND OVER

★ THE BENEFIT

You'll both be in a spin with this tricky position that demands maximum balance but rewards you with deep penetration, clitoral thrills for the woman, and plenty of kissing. And of course, there's the feeling of pride when you manage this position without falling over, too.



THE HOW-TO

The man stands with his legs wide and his feet a couple of feet apart, and the woman hooks her legs around the man's hips and slides onto him. She then leans back until her head touches the floor, supporting herself with her elbows and forearms. The man then leans forward so that his hands touch the floor, too, and thrusts away.

✓ ACROBATIC TIP

The man can move into a handstand after he touches his hands to the floor if he's a gymnast extraordinaire—but doing so will change the angle and make him feel much bigger, so handle with care.

No. 69

FROGGIE STYLE

★ THE BENEFIT

If you're both adept swimmers and looking for a way to have discreet sex in the sea, you can't get better than this as long as you're not too close to shore. After all, who would expect a couple to swim as they have sex? Just make sure that you swim slowly and only do it if you're both confident swimmers who can tread water. That way you can grope each other froggie style.



THE HOW-TO

Make your holiday dip in the sea so much sexier with some froggie-style loving. Start in standing-sex position with the man behind the woman facing her back. The woman should then lean forward and get into breaststroke position. Once she's floating, the man should also get into breaststroke position and you can swim into the pleasure zone together. And of course, there's nothing to stop you from practicing this position on the sofa before you go away . . .

✓ ACROBATIC TIP

If you're both equally strong swimmers, try this in front crawl at speed—but make sure you move as one so that you don't destabilize each other.



About the Author

EMILY DUBBERLEY is the author of numerous books, including *The Field Guide to F*cking*, *Things a Woman Should Know About Seduction* and *Friendly Fetish*. Her books have sold more than a million copies. She is frequently quoted as an expert in magazines, including *Marie Claire*, *Elle*, and *Company*, and has had articles syndicated worldwide, for titles including *Cosmopolitan* and *Men's Health*. She's written for and appeared on television shows in Canada and the United Kingdom, including *The Joan Rivers Position* on British Channel 5, and writes for numerous websites, including iVillage and MSN.

After graduating with a social psychology degree, specializing in sexuality, she was short-listed for the Cosmopolitan Journalism Scholarship and the Company Fiction Writer Award. She founded female-friendly erotica site cliterati.co.uk in 2001. Since then, it has attracted more than half a million page impressions per month and international press coverage. It now includes well over 2,000 free erotic stories plus sex advice and features.

She created Burlesque Against Breast Cancer, burlesqueabc.com, and the books *Ultimate Burlesque* and *Ultimate Decadence*, all to raise money for Macmillan Cancer Support. To date, they have raised more than \$23,000 (£15,000 UK) and inspired international events.

She founded *Scarlet* and *EK* magazines, wrote the five most recent *Lovers' Guide* videos, edited the *Lovers' Guide* magazine, and helped create loversguide.com. She has written for brands, including Philips Satinelle, Schloer, and Trojan Condoms, and has been a consultant on campaigns for brands, including Ann Summers, Gumtree, and Virgin Megastores.

She has been featured as an expert on numerous radio shows and wrote and presented a monthly podcast show *Sex Talk With Emily Dubberley* for Audible.co.uk. She followed this with a series of erotic anthologies for audible.co.uk.

She is passionate about science (particularly the science of sex), is heavily involved with organizing Brighton Science Festival, and runs forestofthoughts.co.uk, an organization that exists to promote science and arts events and collaborations. She lives in England. Find out about her latest projects at www.dubberley.com.

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"To Tom Rea. Sorry about the squid."

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Disclaimer

All forms of acrobatic sex pose some inherent risks. The author and publisher would like to remind you not only to have fun, but also to take full responsibility for your safety and know your limits. Failure to do so could result in personal injury. Before practicing the techniques in this book, be sure to take all necessary precautions and do not take risks beyond your level of experience, aptitude, and fitness.